

Appendix

Research in Psychotherapy: Psychopathology, Process and Outcome #349

The Alliance Negotiation Scale: Portuguese adaptation

Participants' demographics (*n* =118)

	Frequency	%
Gender		
Male	22	18.60
Female	94	79.70
Age		
<20	9	7.70
20-29	31	26.20
30-39	41	34.50
40-49	25	20.90
≥50	11	9.10
Education		
Primary School	2	1.70
Elementary School	10	8.50
High school	26	22.00

Bachelor's	49	41.50
Master's	21	17.80
PhD	2	1.70
Other	8	6.80

Psychological counseling/psychotherapy duration

Less than 6 months	51	43.20
6 to 12 months	23	19.50
12 to 18 months	16	13.60
18 months to 2 years	10	8.50
2 to 5 years	13	11.10
More than 5 years	4	3.40

Psychological counseling/psychotherapy frequency

Once a week	71	60.20
Twice a week	3	2.50
Once in two weeks	34	28.80
Once a month	6	5.10
Other	4	3.40

Previous psychological counseling/psychotherapy

Yes	45	38.10
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No	71	60.20
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Psychiatric treatment

Yes	37	31.40
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No	81	68.60
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Psychiatric medication

Yes	45	38.10
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No	73	61.90
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Current issue/problem

Anxiety	70	59.30
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Depression	39	33.10
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Relational issues	37	31.4
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Sexual issues	7	5.90
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Drugs/alcohol abuse	3	2.50
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Other	17	14.40
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